SHORTS

Dulwich Runners AC
Weekly Newsletter
Wednesday 14th March 2012

These are your SHORTS, Please send your reports, running news & anecdotes to:

shorts@dulwichrunners.org.uk

DEADLINE 17:30 TUESDAY

– THE COMING WEEK –

Wed 14 **Club Night**, Edward Alleyn Club
83-85 Burbage Road. London, SE24 9HD
Fee £1 – 7 for 7:15 start. Showers, Bar

Sun 18 **12 x 1 mile reps 09:00 Dulwich Park**

Tue 20 **Track Session with Steve Smythe** see below
Ladywell Track http://g.co/maps/sqrjq
pay at desk on entrance, £2.55

TO SUBSCRIBE to Shorts send an email with the subject ***subscribe*** to: shorts@dulwichrunners.org.uk
An email with the title ***unsubscribe*** to the same address will remove you from the list.

Track Sessions at Ladywell

Improve your speed & strength over all distances
Tuesdays with Steve Smythe Start 7pm. – fee £2:55.
Pay at desk on entrance to track Sessions start at 7pm and are suitable for all abilities.
Location http://g.co/maps/sqrjq

WEDNESDAY NIGHT £1 RUNNING FEE

The club needs this money to cover the costs of hiring the club house, so please remember to pay when you sign in. Thanks. – Ros

LUCKY VEST

The March winner was Lindsey Annable

Don't forget to wear your Dulwich Runners vest for the club run on the **first Wednesday** of any month and you will go into a free draw and could win £5 in the clubhouse that evening

Vests/kit – a selection of tops is always available at

In your *SHORTS* this week !

2 Club Champs, XC Fixture List
4 Welsh Castles Relays
5… Race reports & results
6 Bromley ParkrunClub Champs reults
11 Marathon Training Schedule
12 Wednesday Night Map to print

And much more !

---------- *EVENT HORIZON* ---------

A brief look ahead

Apr 1 Paddock Wood 1/2M Club Champs
Apr 12 Assembly league , Beckenham
Apr 22 London Marathon
full fixture list & info page 2

NEW RUNNERS ROTA

Thanks to **Mike Mann and Jane Harbage** for taking out new runners last week. If you are listed to take out new runners, please can you try and turn up that night and make sure anybody new has someone to run with. If you can't make it, please try and either swap with someone or let us know. Thanks. – **Ros**

Ros Tabor	14/03
Cameron Timmis	21/03
Sam Oyeyinka	28/03
Mick Ward	04/04

Volunteers needed at Bromley Sports Relief Mile Sun 25th March

Some Crystal Palace parkrunners will remember Rob Drinkwater, who was Race Director for the first year of the run. He's looking for volunteers at the Bromley Sport Relief Mile on Sunday 25th March in Norman Park.

Volunteers will be provided with uniform and free food and drink. The event will enable 1000+ local people take part in 1, 3 or 6 mile events. Please speak to **Jane Harbage** if you are interested in volunteering on **07841 575235** or visit

http://my.sportrelief.com/search/event/result?id=1115 for further details.

Help needed for stretched women's captain!

Kim needs some short or long term help for women's captain duties during 2012 whilst she's studying.
If you are interested please contact Kim at dulwich.womenscaptain@yahoo.co.uk

Wednesday Apres-Run Carbo Loading !

For all you hungry runners we will be ordering fish and chips to scoff after the the run.
Cost is £5 or if you really want to make a name for yourself you can go large at £6.50.
Just give me your name by 7:10
Don't just sit there salivating…join in ! – **Ros**

DULWICH RUNNERS 2012 CLUB CHAMPS

The races comprising the 2012 club champs have now been selected. The dates for some of the races are provisional, based on this year's dates, and will be confirmed once information is available.

There are 8 events split into short and long categories. To qualify it will be necessary to complete a minimum of five events. – ***Mike Mann***

ASSEMBLY LEAGUE 2012

This year's series of Assembly League races begins in April. For those new to the club, this is a series of 6 races of roughly 5k in distance open to all members free of charge.

The races are normally held on the first Thursday of the month from April to September, starting at 7.15pm.

There are usually two races at each of three venues, Beckenham, Victoria Park in Hackney and the O2 in North Greenwich, but there are likely to be some changes this year as a result of the Olympics.

Note that with Easter falling in the first week of April, the first race at Beckenham has been delayed until 12 April.

Update

We have now been informed that the subsequent fixtures will be held on the first Thursday of each of the spring/summer months: 3 May, 7 June, 5 July, 2 August and 6 September.

Venues are to be confirmed but it is likely that the August fixture will be held in Dulwich Park.

Mike

SWEATSHOP DISCOUNT VOUCHERS

Sweatshop Clapham is offering club members a 20% discount on all its product range.

This will be available at its Clapham store in Voltaire Road until 14 April. Vouchers will be available at the club on Wednesday nights

CLUB FIXTURES 2011/12 - Club Champs , XCountry etc.

Date			*Event*		*Venue*
Mar	Sun	25	British Master XC Champs		Bath
Apr	Sun	1	Paddock Wood 1/2M	L	Paddock Wood
	Thu	12	Assembly League		Beckenham
	Sun	22	Marathon	L	London or alternative
May	Thu	3	Assembly League		TBC
Jun	Thu	7	Assembly League		TBC
	Fri	22	1 mile Dulwich College Track	S	Dulwich Track
Jul	Thu	5	Assembly League		TBC
	Thu	12	2 mile Dulwich Park	S	Dulwich Park
	Sun	22	Elmbridge 10k TBC	S	Elmbridge TBC
Aug	Thu	2	Assembly League		TBC
Sep	Sun	2	Dry Hill 10m	L	Dry Hill
	Thu	6	Assembly League		TBC
Oct	Sun	21	Cabbage Patch 10m	L	Twickenham

Cabbage Patch 10 has been confirmed as **21 Oct**,

2012 Club Champs races in red S=Short L=Long

Info for races i.e; location, times, etc. will be in SHORTS and announced on Wednesday club nights as and when it becomes available.

CLUB CHAMPS 2012
Paddock Wood 1/2M

The next club championships is Paddock Wood Half on April 1- online entries close March 30

Please note that you will only qualify for club championship points if you have renewed your club membership and you are wearing a club vest.

Paddock Wood Half-Marathon

Dulwich entries so far number 49 though quite a few regulars haven't entered yet though there do seem a number of members who will be doing their first ever club championships.

SM (14): S Ackroyd, C Broadbent, N Daniels. J Danko, P Devine, J Dowsett, M Galvin, J Godber, E Hill, P Hutchison, W Lashley, O Montfort, C Moody, M Williams

VM (9): G Barnes, J Brady, M Foster, P Keating, A Khandelwal, C Lound, A Patel, E Prill, D Wilson

M50 (8): B Bell, G Laylee, C Loizou, BJ Nicholls, S Street, G Sullivan. M Ward, S Williams

M60 (2): M Mann, S Wehrle

SW (10): M Allard, M Burkhart, S Cooper, M Edwards, K Hainsworth, C Quirico, A Shaw, J Shelton, A Thomas, C Wood

VW (5): L Annable, O Balme, E Ibell, C Osborne, S Rowlands

W50+ (1): C Steward

Wednesday Running Maps

On page 12 in SHORTS you will find a copy of the map for this weeks runs.

Although there will still be some available at the clubhouse , it would help if you can print your own copy and bring it with you.

If your map is still in one piece after the run please don't throw it away as they can be used again, just leave them in the clubhouse.

Kent Grand Prix and Surrey Road League and Championships

Dulwich Runners compete in both the Kent Grand Prix and the Surrey Road League. Competing in these races earns points for the club in these leagues. Some of the races (marked below with *) are also designated as the county championship race for that distance.

Note that some of these are popular races and can fill up early. For more information on these, including qualification for the championships, see:

Kent: http://www.kcaa.org.uk/road%20races.htm#prov

Surrey: http://surreyathletics.org.uk/road/league/index.php?Y=2011&O=R&S=2012

"**Further update: As well as the Wimbledon 5k being moved to Saturday 11th August to avoid clashing with the Olympics Men's Marathon, the Dorking 10 miles has been moved to Sunday 10 June to avoid upstaging some other celebration. The Richmond Half is officially full, but a few places have been made available for members of Surrey clubs. Contact me for details. - *Charlie Lound* *chas.lound@btinternet.com***

Kent Grand Prix and Championship Races

6 April	Folkestone 10 *
15 April	Darenth Valley 10k
20 May	Larkfield 10k *
2 June	Harvel 5
22 July	Dartford Half
2 September	Kent Coastal Marathon *
14 October	Maidstone Half

Surrey Road League and Championship Races

6 May	Richmond Half Marathon *
13 May	Sutton 10km
10 June	Dorking 10 miles *
24 June	Richmond 10km *
14 July	Elmore 7 miles
22 July	Elmbridge 10km
11 August	Wimbledon 5km *

Dulwich lie 14th after 2 races in the Kent grand prix (Canterbury 10, Thanet 20) in both men and women's events - full results in spreadsheet sent with SHORTS

WELSH CASTLES RELAY 2012

Hi everyone, if you attended our short Relays presentation then we thank you and we do hope you enjoyed it and that it helped you to make a decision to join in the fun, and we did have some extra names to add to the list after the presentation.

This means we now have 20 names with one tbc, and even someone who has kindly agreed to be a reserve! Thank you all and for the rest of you there are still places in the team available. We always need at least 26+ names as we know from the past that unfortunately there will be a couple of injuries, illness or other commitments that will change the final line-up of eager runners wanting to pit their fitness against this great event.

Please don't be shy in putting your name forward for this or any of the other relays as we always match your fitness to the leg we ask you to run, there are some that like to pick the hardest legs just for the challenge. This is a really friendly and social event and it is great for meeting and mixing with other Dulwich Runner's who you don't usually run with. We usually travel up on the Friday with overnight stay under the shadow of Snowdon and then on Saturday overnight stay and meal in Newtown. You can of course choose to travel up for one of the late legs on Sunday.

Please just e-mail therelayersteam@dulwichrunners.org.uk to let us know you would like to join us or feel free to talk to any of ***The Relayers Team*** (Mike Mann, Kim Hainsworth, Andy Murray or Martin Morley) or talk to any member of Dulwich Runner's – most have done at least one relay.

We have to apply in a week's time so could you please let us know as soon as possible. We still need an additional 5 or 6 names before deciding whether to submit an entry.

Thanks for reading this and hope to hear from you very soon - ***The Relayers Team***

You will no doubt be relieved to hear that a team from Dulwich Runners fulfilled its contractual obligation to set and deliver this annual quiz between around 20 sports, social and religious societies in Dulwich. This was the penalty, I mean 'privilege', for winning the 2011 quiz, not the first time this has happened so we really should have known better.

You may have been aware on recent Wednesday evenings of a few of us swapping ideas more and more frantically as the day drew closer. We chose an overall theme for the quiz of 'London 2012' and based the individual rounds on a number of different Olympic sports.

However the round titles were just a cryptic front for individual questions which went off at tangents as I've no doubt we would have been lynched* had we turned up with a quiz that was too heavily skewed towards either the Olympics itself or even just towards sport in general.

Thus, to take just a couple of examples, 'on your bike' was about famous dismissals or departures and 'a bit of a marathon' was about long things, i.e. in terms of time or other respects (if you want to see the full lists of questions then leave me a message in the Secretary's mailbox).

After preparing steadily, basically ever since the turn of the year, a team of four – Mike Dodds, Bob and Chris Bell and Joe Brady – showed up at St Barnabas church hall in Dulwich village a week ago last Saturday evening to act as quizmasters, scorers and general trouble-shooters.

There were one or two hairy moments with the logistics and, with hindsight, we would certainly have done some things differently. However we just about got by with 'Mike on the mike', the Bells running around like crazy throughout the evening collecting and monitoring the marked papers and Joe proving very handy with the excel spreadsheet to keep track of the running scores.

Ros and Andy were away in Portugal but also did fantastic work in the run-up to the event by setting a large number of the verbal rounds and providing both of the picture rounds and the single music one. Actually the pictures – one set with a dozen cityscapes of past Olympic hosts and the other with a score of national flags of varying degrees of obscurity – and the music, consisting of 10 national anthems, were arguably the best received out of all of the rounds.

Many thanks to everyone who helped – it would have been embarrassing for the club in the wider community here had we ever had to throw in the towel and ask the organisers to find someone else to manage their quiz. Next year, provided the organisers manage to replace the guy who has been running it for donkey's years and it goes ahead at all, we can relax and resume being mere contestants (and try not to win the darned thing again!).

Mike Dodds

*I mean lynched in a genteel, Dulwich sort of way, of course"

Race Reports & Results

5km Results for March 3rd

The Parkrun organisers encourage the wearing of club vests, so if you have one please wear it and help promote the club. Vests and other club kit can be obtained by contacting Ros ros@28kerfield.freeserve.co.uk

Bromley Club Championships

A superb turnout (57) and great start to the Championships as we dominated the race with both winners and five of the first nine men (which was not as dominant as in October) and the first seven women and 10 of the first 12 (which was better).

Apart from quality, there was good quantity and a reasonable spread through the field with Dulwich vests on around one in six of the near record field.

Crystal Palace's cancellation meant there were less alternatives for others to run but there were a few regulars there who still were unable to move a few miles further south to sample what many believe to be the best local parkrun. There were lots of PBs, and the course which is usually very slightly over may have been a few seconds underdistance this time though some also measured it at exactly 5k. Spectators included John T, Angela O and Barry.

1 Ben Fairhall 16:03 (PB) 813 (Dulwich runners rec)
(In his 7th parkrun, improved his Dulwich overall parkrun record and set a PB with another special run to confirm his great track session form and win his first club championship.)
3 Mike Williams 16:53 (PB) 803 pts (17)
(Following his fast 20 of the week before, another PB and his first ever age graded of 80%+ in his 17th parkrun.)
6 Charles Lound 17:04 824 pts
(Back to form and within 10 seconds of his best ever to win Vets title in his 7th parkrun)
7 Tony Tuohy 17:11 852 pts
(Returning well after missing most of winter and just 11 seconds off his best in his 37th parkrun but couldn't quite hold Charlie in second half.)
9 Edward Hill 17:17 (PB) 759 pts
(His best ever club run by some distance took 23 seconds off his PB in just his fourth parkrun.)
1W/15 Clare Elms 18:19 894 pts
(Not at best after injury and not feeling well but still easily first woman and her 37th parkrun victory in 37 races.)
18 Steve Smythe 18:42 808 pts
(first M50 in race and club champs in 47th parkrun.)
21 Jose Barretta 18:56 716 pts
(Returning to form and was on PB pace for most of race in 9th parkrun.)
23 Alex Elms 19:01 (PB) 805 pts
(10 minutes faster than his July debut and a PB by two minutes, in his 6th parkrun and definitely a club Under 13 (and probably even under 17 record) and at 11 bound to get quicker.)
2W/24 Charlie Wood 19:03 (PB) 778
(Big PB in her sixth parkrun and easily her best run since the birth of Flora as she moved through to second woman.)
26 Mike Mann 19:21 851
(Equalled his Bromley PB (though has run 18:52 at Brockwell) to easily be first M60 in race in his 20th overall parkrun.)
3W/28 Alexie Shaw 19:25 763
(Set off at PB pace, but hamstring injury slowed her down on second half but still came third woman in 13th parkrun.)
30 Andy Murray 19:34 (PB) 806
(56th parkrun and a Bromley PB and only five seconds down on his best ever parkrun)
4W/31 Ola Balme 19:35 811
(38th parkrun and 5 seconds off Bromley best and 19 off best all time with strong well-paced run.)
33 Steve Ackroyd 19:39 (PB) 664
(Big PB by 20 seconds to win Captain's award in 38th parkrun.)
34 Mike Fullilove 19:42 743
(Just missed PB by two seconds after his 37th parkrun (all at Bromley) as got under 20 for first time in 10 races.)
36 Jozef Danko 19:46 (PB) 658
(Getting fitter all the time, two minutes up on his previous Bromley run and smashed his all-time park run previous best of 20:34 in his 45th parkrun.)
5W/40 Kim Hainsworth 19:56 (PB)
(Finally inside 20 minutes in her 16th parkrun and six minutes quicker than her 2011 Championship run.)

6W/45 Emma Ibell 20:11 (PB) 758
(Another running better than ever taking over half minute off PB in 10th parkrun.)
49 Duncan Wilson 20:25 (course debut) 717
(Bromley debut in third ever parkrun and 5 seconds away from lifetime best.)
7W/50 Nicola Richmond 20:27 (Course debut/outright parkrun pb) 752
(Bromley debut and a second faster than her parkrun PB in 15th ever run.)
54 Ebe Prill 20:35 710
(Achilles injury preventing him matching his January form in 18th parkrun.)
58 Gary Sullivan 20:43 735
(Bromley debut and just second ever parkrun and another affected by injury.)
60 Oscar Hussey 20:48 715
(Not quite able to match his February form but still his third best ever in 33 parkruns.)
64 Ajay Khanderwal 21:05 (1st time) 657
(Bromley debut and just third ever parkrun and overall PB by 14 minutes!)
10W/68 Mel Edwards 21:10 (PB) 699
(A minute up on 2011 Club Champs and all time PB by 40 seconds in 10th ever parkrun.)
68 Jim Dowsett 21:11 (PB) 635
(90th parkrun ever – most done pre-Dulwich and a big PB)
70 Martin Morley 21:16
(28th parkrun and quickest since August as fitness gradually improves.)
71 Ian Sesnan 21:16 (Debut/outright parkrun PB)
(25th parkrun but first at Bromley and set an all time best as reward for some consciencous training.)
72 Cameron Timmis 21:17 (Bromley PB) 646
(25th parkrun and second at Bromley and just down on Brockwell best.)
11W/73 Ros Tabor 21:17 925
(Only 5 seconds down on Bromley best but quickest overall parkrun for some time ensured she won the overall club championship title in 39th parkrun.)
12W/74 Susan Cooper 21:19 694
(Due to health problems, down on best fitness in 5th parkrun.)
13W/79 Laura Stephens 21:31 693
(Solid run in first ever parkrun.)
86 Colin Frith 21:29 709
(28th parkrun (all Bromley) and fastest since last June)
87 Bob Bell 21:43 (PB) 726
(51st parkrun and easily a PB)
88 Graham Laylee 21:46 700
(also 51st parkrun and fastest for some time and close to Bromley PB.)
90 Mike Dodds 21:56 689
(71st parkrun and only five seconds off his overall PB.)
101 Michael Ward 22:17 690
(Only 4th ever parkrun and down on his best form of last year.)
16W/103 Claire Steward 22:18 (PB) 858
(36th parkrun and set a clear PB as recently entered W60 age group.)
105 Jonah Albert 22:19 (PB) 633
(Just fifth parkrun and inside 23 minutes for first time.)
17W/110 Joanne Shelton 22:31 (PB) 668
(12th parkrun and a big PB for 49 seconds.)
18W/111 Clare Wyngard 22:34 752
(51st parkrun and fastest for some time but not quite in last summer's form.)
20W/118 Anna Thomas 22:52 647 (debut/outright parkrun pb)
(28th parkrun, but first at Bromley and first ever sub-23 run)
23W/125 Carys Morgan 23:24 639
(6th ever parkrun and not far outside PB.)
134 Barrie John Nicholls 23:50
(9th parkrun and another close to PB.)
135 Ameet Patel 23:50
(Not quite in best form after recent injury as completed 37th parkrun.)
25W/139 Michelle Allard 23:58 (pb)
(Two minutes off her fastest ever previous parkrun for another big improver.)
27W/143 Clare Osborne 24:10 633
(Just missed pb of 24:07 after hard 20 last week in 18th ever parkrun.)
31W/152 Lindsey Annable 24:25 644
(Missed pb and parkrun best by just a second in 9th parkrun.)
34W/159 Ruki Sidhwa 24:46 654
(12th parkrun, 33 seconds away from a PB.)
180 Steve Wehrle 25:30 646
(6th parkrun, 26 seconds away from a PB.)
44W/189 Stephanie Burchill 25:46 (PB) 703
(7th parkrun, and new course and overall parkrun pb.)
212 Stephen Street 26:40 553 (debut)
(made solid overall parkrun debut.)
John O'Byrne 29:12 544
(7th parkrun, but down on course best of 25:46.)
287 Chris Vernon 31:22 550
(46th parkrun though down on best of 26:48)

299 Susan Vernon 32:28 (course debut) 644
(9th parkrun as made Bromley debut and closer to Chris than normal!)
Duncan Hussey dnf
331 finished (2nd highest ever)
Those who ran in October Championships but missed this: Wayne Lashley 17:36, James Godber 18:08, Edward Smyth 19:06, Catherine Lee 19:19, Ellie Thorndyke 19:24, Chris Treble 19:25, Mark Foster 19:48, Ian Butler 20:34, Joseph Brady 21:25, Marlene Russell 22:48, Helen Warner 27:39
Championships
SM: 1 Fairhall; 2 Williams; 3 Hill; 4 Barretta; 5 A Elms; 6 Ackroyd; 7 Danko; 8 O Hussey; 9 Dowsett
M40: 1 Lound; 2 Tuohy; 3 Fullilove; 4 Wilson; 5 Prill; 6 Khanderwal; 7 Timmis; 8 Albert; 9 Patel; Hussey dnf
M50: 1 Smythe; 2 Murray; 3 Sullivan; 4 Sesnan; 5 Frith; 6 Bell; 7 Laylee; 8 Dodds; 9 Ward; 10 Nicholls; 11 Street; 12 O'Byrne
M60: 1 Mann; 2 Morley; 3 Wehrle; 4 C Vernon
SW: 1 Wood; 2 Shaw; 3 Hainsworth; 4 Edwards; 5 Cooper; 6 Stephens; 7 Shelton; 8 Thomas; 9 Morgan; 10 Allard
VW: 1 Elms; 2 Balme; 3 Ibell; 4 Richmond; 5 Osborne; 6 Annable; 7 Sidhwa
W50+: 1 Tabor; 2 Steward; 3 Wyngard; 4 Burchill; 5 S Vernon

Age grading

Dulwich had the top 5 and 12 of the 15 performances superior to 80%/800 points.
Curiously Ros ran 14 seconds better than her run in October which at 92.49% was the age-graded record but only got 92.48% with a faster run this time but they have slightly adjusted the age-grading since October.
1 Ros Tabor (W62) 925
2 Clare Elms (W48) 893
3 Claire Steward (W60) 858
4 Tony Tuohy (49) 852
5 Mike Mann (63) 851
7 Charles Lound (44) 824
9 Ben Fairhall (33) 813
10 Ola Balme (W45) 811
11 Steve Smythe (53) 808
13 Andy Murray (58) 806
14 Alex Elms (11) 805
15 Mike Williams (39) 803
21 Charlie Wood (W31) 778
27 Alexie Shaw (W31) 763
28 Edward Hill (30?) 759
29 Emma Ibell (W40) 758

Brockwell

There's always one and the sole Dulwich Runner in action at Brockwell was Nicola Hill who was eighth woman in a PB
71 Nicola Hill 8th W 23:41 (PB)

Greenwich Avery Hill Parkrun 3/03

full report from last week

Chris Vernon writes

Another Saturday and another parkrun venue to be visited. Avery Hill,euphemistically called Greenwich but actually deep in Eltham territory.This is one of the few 3 lap parkruns(another one is soon to be inflicted on a park near you!) presenting the unpleasant prospect of being lapped by the leaders.

Apart from the lapping it is a good course in a quiet park, mainly on grass with the start ,finish, toilets and cafe all in the same place. When I arrived I found that the race was being used as the Greenwich borough Mini Marathon trials so there were lots of youngsters about which no doubt swelled the usually sparse numbers considerably. Not many club vests in evidence but a couple of Jose's climbing buddies came up to say hi.

After the usual parkrun preambles I set off round this pleasant park still coughing and wheezing(I am now on my second course of antibiotics) with the leaders streaking off into the distance.The tree roots had been helpfully marked with yellow paint by the friendly marshals who gave the old DR vest a cheer as I passed.

Half way round my second lap the leaders arrived,the fast,the young boys,the first girl and even the first grandpa.I must be having a bad run!There were two young lads struggling near me who were thoroughly demoralised by being lapped by their peers.The finish could not come soon enough for me but at least the third lap was nice and quiet.

Next week back to boring Norman Park for the club champs.

Chris Vernon 32.23 87th out of 105 3rd V65)

Maidstone Duathlon 5/3/2012.

On a cold and wet very earl Sunday morning at 8am found myself lining up again for this duathlon. Last year not really fit and certainly not bike fit so this year was to improve times. Not to be, as lost all of Jan to illness so really much the same level of fitness as last year (OK, ok excuses over).

8am start for a 10k (almost) run with a 42K bike ride and 2 mile run to follow seemed mad but off we went and after a mile settled into sustainable speed and started overtaking the overkeen people who went off to fast. Arrive back at transistion and change shoes and put cycle helmet on and had decided that no more layers required set off on 42K ride.

It started rain and feet kept getting wet from spray from wheel so feet not only wet but very cold. Felt I rode OK but last 3 miles so cold my reactions to changes were very slow, brain was saying change down gears but body reacted 30secs later, oh dear. Felt I lost a lot of time here but arrive back for transistion 2 and changed shoes again to find finger very cold and feet feeling like blocks of ice to run on. 2 miles with 1st mile all uphill helped to warm me up but still can't run loosely so like others around me we waddle to the finish and straight in for a hot cup of coffee.

I finished a couple of minutes down on last year but did get 1st MV60. If I had my last years time this year it would only of got me 3rd MV55 instead of 1st. last year.

This is a well run but low key event, good for people new to duathlons as cycle ride is straight forward and not very hilly just undulations really. I will now try to improve my fitness and try again next year.

Martin Morley
34th Run(9.5k) 45:58 T1 1:23 Bike(42K) 1:30:42 T2 2:03 Run (3.5K) 16:35 Total 2:36:42 1st MV60 (of 2) (64 finishers) Winners time 1:57:45.

Milton Keynes Half-marathon, March 4

Kim Hainsworth ran PB pace for halfway but slowed in the wind and rain on the second half.
262 Kim Hainsworth 19W 1:33:38 (chip: 1:33:28)

Orion Harriers – Mercury 10 – Saturday 10 March

Following the Club Champs 5k ParkRun in Norman Park on Saturday morning, I did an hour of weeding and pruning in the garden before setting off with Jose for Chingford in East London, home to Orion Harriers, to take part in The Mercury, their annual 10 mile cross country race, this year starting from their new clubhouse on the edge of Epping Forest. The forest is the largest public open space in the London area, at almost 6,000 acres, stretching for 12 miles from Manor Park in East London to just north of Epping in Essex.

The race was fabulous, a brilliant course, well marked with sawdust, and marshalled at the few road crossings, but no mile markers or water stations. There was some good quality mud but also dry sandy paths and stretches along the road. It was tricky in places to weave between the trees and roots, and there were a few fallen trees to jump over. I started out a bit too enthusiastically then settled into a good pace. I had asked around beforehand so I knew that the biggest hill was around 6.5 to 7 miles so once that was behind me (even Jose had to walk part of it) I really enjoyed it and picked off quite a few people in the last couple of miles.

It's pretty low key, entries only on the day, free of charge – basically it seems to be a mob match with Orion against everyone else. The new clubhouse is a major improvement over the old HQ, with hot showers, a kitchen area providing hot drinks and refreshments, and outside taps and stiff bristle brushes for cleaning the mud off shoes and legs. There were 65 finishers, 43 from Orion I was 2nd woman!

Winner 1:03:41
18 Jose 1:14:17
31 Claire 1:24:55
65 (final) 2:02:44

Silverstone 1/2M Sunday 11th

I don't know of any other club runners who took part but Barrie J. mentioned a female whose name I can't remember. **Patrick McMorrow**

373 Jody Wells 1:36:01 (PB)
913 Richard Takan 1:44:05
1907 Barrie J. Nicholls 1:54:28 (23rd 55-59 age cat.)
2079 Patrick McMorrow 1:56:01 (26th 55-59 age cat.)
10,000 ran

Bath Half-Marathon, Sun. 11 March

*Catherine Lee writes….*Glorious sunshine turned the Bath Half into a toastier affair than I was expecting, but thankfully I managed to complete the race quick enough to only acquire a mild bout of sunburn.

After setting out slightly too fast (for which I blame finding myself next to Nell McAndrew at the start and believing that I might stand a chance of running with her – she went on to run 1:21), I definitely felt the few lumps and bumps of the otherwise predominantly flat course on the second lap and the slow upward drag of the final mile to the finish.

However, brilliant crowd support, together with a steely determination not to let recent injuries and illness get the better of me, spurred me on to clock my second fastest ever half-marathon.

Catherine Lee	86:09

Colchester Half Marathon, March 11

Another PB for Mike Williams, his third in 8 days, as he took three-quarters of a minute off his Paddock Wood time of last year. Alexie Shaw, due to her injury, had to run within herself, and even then was only just over a minute outside her PB and finished third woman.

6 Mike Williams	76:43 (76:44 chip)
47 Alexie Shaw 3rd W	86:27 (86:25)

Finchley 20, March 11

Though advised to run within themselves for the first half, there were some good times and PBs for Ola, Mel and Joanne while Andy ran his quickest for some time. As a bonus the women finished third team.

125 Andy Murray	2:26:18 (3rd M55)
127 Kim Hainsworth 18W	2:26:53
133 Ola Balme 20W	2:27:38 (PB)
182 Melanie Edwards 30W	2:35:39 (PB)
293 Joanne Shelton 65W	2:51:37 (PB)

Dulwich: third women's team

Finchley 20 11.03.12

This run dates back many years – to when it was run in Finchley, rather than Ruislip nowadays – and they were showing films of early races in the clubhouse to inspire us before we set off. The start was a bit chaotic – instead of lining up everyone in a handy side road behind the start they just let the pavements get crowded out in front of it and tried to squeeze everyone on to the road at the last minute.

Anyway, we set off for our 4x5 mile laps in bright sunshine but temperatures not warm enough for too much dehydration. The laps were undulating, setting off into countryside before returning on suburban main roads with a short footpaath section. There is a downhill/flat stretch from 2-3.5 miles each lap to recover from the hills. Andy and Ola set off at an easy pace, which turned out to be around 7.30's behind Kim, aiming for 7.20's. On the second lap they came together and ran at about 7.20 pace, with Ola then pushing ahead on lap 3 but being caught.

Andy pushed on in lap 4 to try and beat last year's time and managed it by a minute, with the others continuing steadily not far behind. Mel and Jo came in not too fatigued at the finish, pleased with their times. A good pre-marathon 20 but the marshaling could improve – three police officers and two marshals just stood and watched silently in a road we had to run along and cross, with traffic behind us they could see but we couldn't. – ***Andy Murray***.

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127 Kim Hainsworth	2:26:53
133 Ola Balme	2:27:38
182 Mel Edwards	2:35:39
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A Marathon Disaster Digest…

I am sitting with a glass of wine, reflecting on the last few weeks. It's been a bit of a blur really. I'm gone from 72kg to 69kg. I know I can run the Brighton, and that Alexie's going to have to run sub 3.00 to win our bet (to beat me by 45 minutes). No one told me how hard this running business is. With a 4 and 5 year old, and Mrs K on my case, I don't need it; my life is already one big fartlek session.

Still, you, my fellow Dulwich Runners, have a magic about you, and I want some of it. How can you suffer as you do, and then laugh? Hey, I want to be like Mike Mann when I grow up! How does he look like he's drunk a bottle of wine on a sunny park bench, and run like an ancient messenger? I want some of that elixir. So here are a few highlights from my less than Olympic running exploits.

After the Sidcup 10 I ventured down to Lloyd Collier's 'hood, Tunbridge Wells. I ran some sub 7 minute miles, only to be rudely jolted as the 1.40 pacer shot past me over the hill midway through the race. I was suffering, but managed to hang in there, keeping him in sight for the rest of race. Tragically, Claire Steward streaked past me on mile 13, and I was unable to hold her.

Gutted! No disrespect Claire, but that showed me how I had got my pacing wrong, wrong, wrong. Well done to Lloyd, who seemed very pleased to have run 1.27. He also managed to win a bet, beating me by 12 minutes , avenging Jo Shelton and Alexie Shaw's honour in the process.

A couple of weeks later I visited the Thanet 20 under the tutelage of Michael "2.03" Williams. What a great day out. I was with a good bunch of runners and ended up running a few miles at 7.20 – 7.45; I paid dearly for this between mile 17 – 19, struggling, and being overtaken by a man who was walking and running at one point (not good for morale); but managed to finish respectably, getting a 2.42 time.

Some terrific runs from the rest of the club, although Lloyd seemed strangely subdued and declined to come to the pub, as he was unable to replicate his TW performance, perhaps due to the fact that he is a lumbering suburban giraffe, better suited to the 400 metres! A good bunch of us had a lovely meal in the middle of a craft fayre – and we felt like we were on holiday – it couldn't be any more different to our very own Lordship Lane.

Last week I did the club champs, and had a bet with Ros. She complained of having a cold; she's never had to get an excuse in against me, so I took this as a sign that she was actually showing me some respect as a contender. I sat on her shoulder, no Garmin, just biding my time, and she towed me around, until I had to take my chance.

Well, that's a first, giving one of my racing heroes a run for her money. I'm sure she'll be back! My wife has reminded me that it's daughter's birthday party on April 1st, so I won't be at Paddock Wood, unless I want to do a very very long run (perhaps repeatedly around the world, for the rest of my life). I am now in official taper mode – it worked for me last year, so why not again? – ***Ajay Khandelwal***

SUNDAY RUNS, RACES & REPS

Preparation for London Marathon 2012

(Provisional – dates and events subject to change)

Includes: middle and long distance multi-terrain / road races
Cross Country (XC) Fixtures on Saturdays

Sunday runs at High Elms, Mile repetitions in Dulwich Park

Weeks to go!	Date	Event / Distance	Information
5	18 Mar	Spitfire 20m road race ….or	Dunsfold aerodrome
5	18 Mar	…. 12 x 1m reps	Dulwich Park 09:00
4	25 Mar	Richmond Park – Bushy Park 22m	09:30 Roehampton Gate
3	**1 Apr**	**Paddock Wood 1/2m**	**CLUB CHAMPIONSHIP**
2	8 Apr	10 x 1m reps	Dulwich Park 09:00
1	15 Apr	Easy 10m or Thames Towpath 10	High Elms 09:00 http://www.west4harriers.com/TowpathTen
Zero	**22 Apr**	**LONDON MARATHON**	**CLUB CHAMPS – MARATHON**

Dates in bold are club and or club champs races including XC champs

Races | Club Champs/ XC | Mile reps | Long runs

The traditional Sunday Dulwich Park runs start at or 09:00 0930 for longer runs for marathon preparation
For a more rural run, meet up with members of Orpington and Blackheath Clubs, 'HEROS'
High Elms Runners on Sunday starting from High Elms at 09:00
For more information contact Steve Wehrle or Claire Steward
For XC events, contact the XC Captains for further details
Suitable for; 3:15 – 3:50 time – long runs with Claire
3:50 – 4:30 – long runs with Steve

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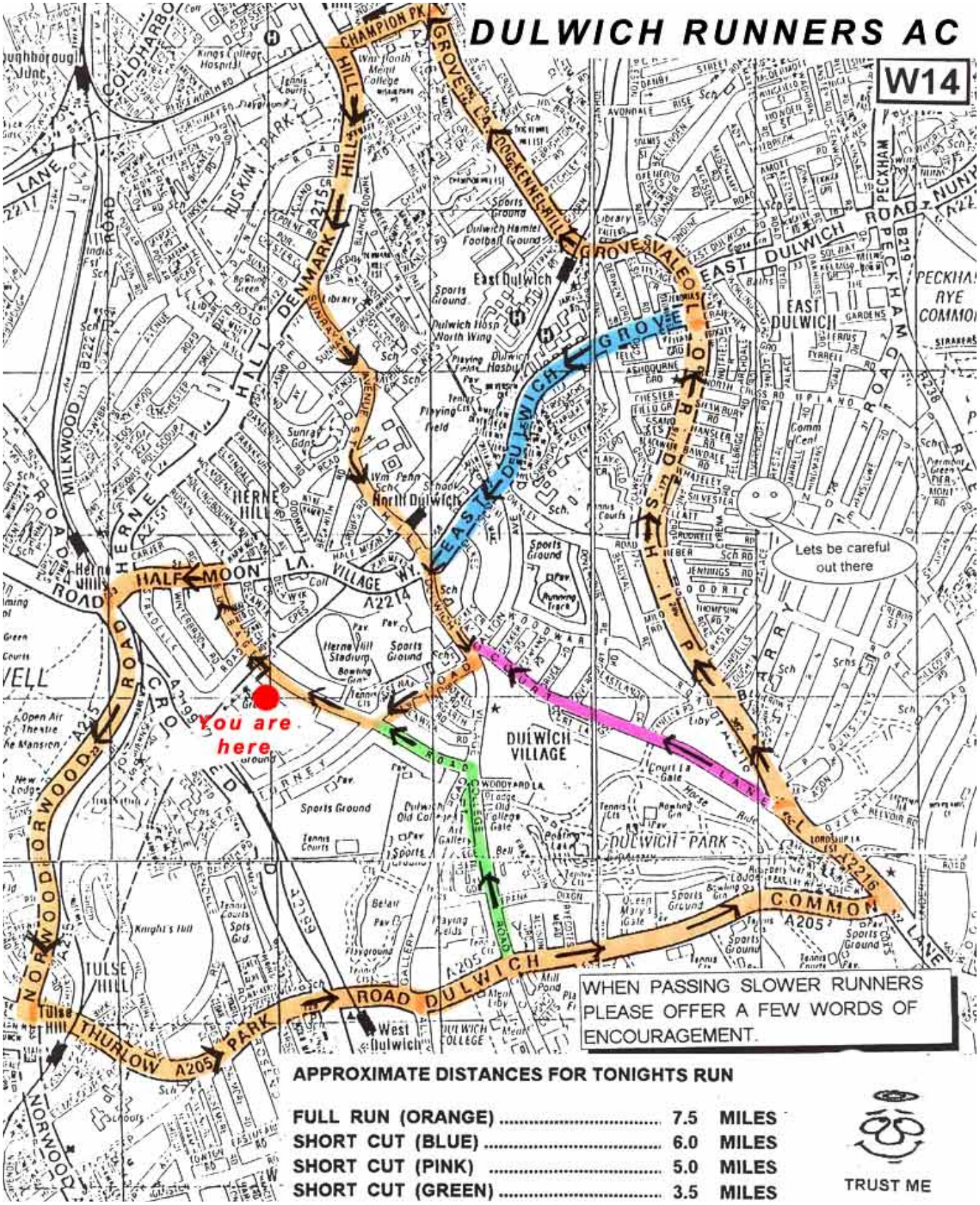
DULWICH RUNNERS AC



APPROXIMATE DISTANCES FOR TONIGHTS RUN

FULL RUN (ORANGE)	7.5	MILES
SHORT CUT (BLUE)	6.0	MILES
SHORT CUT (PINK)	5.0	MILES
SHORT CUT (GREEN)	3.5	MILES

TRUST ME